



Republic of the Philippines
Department of Education
REGION VIII
SCHOOLS DIVISION OF CALBAYOG CITY

October 7, 2025

DIVISION MEMORANDUM
No. 488 s. 2025

COMMEMORATION OF SCHOOL-BASED MENTAL OBSERVANCES 2025


TO: Chief (CID & SGOD)
Education Program Supervisors
Public Schools District Supervisors
Public Elementary and Secondary School Heads
All Others Concerned

1. With reference to Regional Memorandum NO.1274 s.2025, (see attachment) this office through the School Governance and Operations Division (SGOD) – School Health and Nutrition Unit, issues this memorandum to encourage schools to lead/conduct the following activities through out the whole month of October, as practicable to commemorate the Mental Health Observances.

- **World Suicide Prevention Day (WSPD)**, celebrated on September 10, 2025. The International Association for Suicide Prevention (IASP) has provided “**Changing the Narrative Suicide**” as the triennial WSPD theme for 2024-2026.
- **World mental Health Day (WMHD)**, celebrated on October 10, 2025. As announced by the World Federation for Mental Health, this year’s theme is “Access to Services: Mental Health in Catastrophe and Disasters.”

2. District Offices and schools must ensure the mental health well-being of all personnel, learners, and other concerned in schools and physical/online workspaces through the conduct and participation of recommended activities. The list of recommended activities is enclosed in the attached Memorandum OM-OUGOPS-2025-03-05776 for reference of teaching personnel, non-teaching personnel, and learners

3. Immediate dissemination and compliance with this memorandum are earnestly desired.


MARGARITO A. CADAYONA JR. PhD., CESO VI
Schools Division Superintendent





Republic of the Philippines
Department of Education
REGION VIII - EASTERN VISAYAS

October 6, 2025

REGIONAL MEMORANDUM

No. **1274** s. 2025

**COMMEMORATION OF SCHOOL-BASED MENTAL HEALTH
OBSERVANCES 2025**

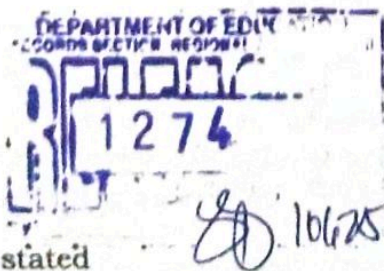
To: Schools Division Superintendents
Regional Office Divisions Chiefs
Public Elementary and Secondary School Heads
All Others Concerned

1. With reference to Memorandum OM-OUGOPS-2025-03-05776, this Office, through the Education Support Services Division – School Health and Nutrition Unit (ESSD-SHNU), issues this Memorandum to encourage Regional Offices, Schools Division offices (SDOs) and schools to lead/conduct the activities throughout the whole month of October, as practicable, to commemorate the following mental health observances:

- **World Suicide Prevention Day (WSPD)**, celebrated on September 10, 2025. The International Association for Suicide Prevention (IASP) has provided "**Changing the Narrative on Suicide**" as the triennial WSPD theme for 2024-2026.
- **World Mental Health Day (WMHD)**, celebrated on October 10, 2025. As announced by the World Federation for Mental Health, this year's theme is "**Access to Services: Mental Health in Catastrophe and Disasters**".

2. Schools Division Offices and schools must ensure the mental health wellbeing of all personnel, learners, and others concerned in schools and physical/online workspaces through the conduct and participation of recommended activities. The list of recommended activities is enclosed for reference of teaching personnel, non-teaching personnel, and learners.

3. For immediate dissemination and compliance.



RONALO AL R. FIRMO CESO IV
Assistant Regional Director
Officer-In-Charge
Office of the Regional Director

Enclosures: As stated

References: As stated

To be indicated in the Perpetual Index under the following subjects:

MENTAL HEALTH OBSERVANCES

ESSD-SHNS-KJMC



Address: Government Center, Candahug, Palo, Leyte

Telephone No.: (053) 832-5738

Email Address: region8@deped.gov.ph

Website: region8.deped.gov.ph





Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

MEMORANDUM

OM-OUGOPS-2025-03-05776

TO : ALL REGIONAL DIRECTORS AND BARM EDUCATION MINISTER
ALL SCHOOLS DIVISION SUPERINTENDENTS
ALL OTHERS CONCERNED

FROM : MALCOLM S. GARMA
Undersecretary



SUBJECT : COMMEMORATION OF SCHOOL-BASED MENTAL HEALTH
OBSERVANCES 2025

DATE : September 16, 2025

Pursuant to Republic Act 11036 or the *Mental Health Act* and Republic Act 12080 or the *Basic Education Mental Health and Well-Being Promotion Act*, the Department of Education (DepEd) implements the **School-based Mental Health Program (SMHP)** to pursue strategies for mental health promotion in basic education, among others. In line with this, this Office, through the Bureau of Learner Support Services – School Health Division (BLSS-SHD), **encourages Regional Offices (ROs), Schools Division Offices (SDOs) and schools to lead/conduct school-based activities throughout the whole month of October, as practicable, to commemorate the following observances:**

- **World Suicide Prevention Day (WSPD)**, celebrated on September 10, 2025. The International Association for Suicide Prevention (IASP) has provided “**Changing the Narrative on Suicide**” as the triennial WSPD theme for 2024-2026.
- **World Mental Health Day (WMHD)**, celebrated on October 10, 2025. As announced by the World Federation for Mental Health, this year’s theme is “**Access to Services: Mental Health in Catastrophes and Disasters.**”

By joining the observances, DepEd brings together stakeholders and enjoins them to take part in ensuring the mental health and wellbeing of the learners. Recommended activities for the observance are:

1. **Curricular and co-curricular activities¹, including promotion initiatives during flag ceremonies and classroom activities for socialization.** In flag ceremonies and in classroom activities for socialization, as applicable, schools

¹Per DepEd Order No. 25, s. 2025 or the *Multiyear Implementing Guidelines on the School Calendar and Activities*, co-curricular activities shall be conducted on class days, preferably after school hours. However, schools have the flexibility to reduce the standard time allotment for each learning area by up to ten (10) minutes once every two weeks to conduct co-curricular activities. Further, the DO provides that celebrations and observances... may be integrated into curricular activities, provided they are deemed reasonable and appropriate, reinforce the attainment of target learning competencies, and do not compromise the total number of class days.

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| Doc. Ref. Code | OM-OUGOPS | Rev | 01 |
| Effectivity | 09.25.25 | Page | 1 of 3 |



are invited to include simple initiatives to increase awareness about the observances. These initiatives may be prayers for mental health, and socialization activities during classroom breaks or before or after classes such as encouraging notes, journaling, or encouraging random acts of kindness.

2. **#HearAndHereWithU2025 social media initiatives.** Offices and schools are invited to maximize their respective social media platforms in promoting messages related to this year's WMHD theme.

- a. **Display Picture (DP) blast.** To officially commemorate this year's mental health observances, BLSS-BHD invites school personnel and learners to pledge support in promoting suicide prevention and promoting mental health awareness through a Facebook DP blast. Refer to **Annex A for the DP blast captions.**
- b. **Cut-out Display Frame Stand/ "Tarpapel".** A printable picture stand that can be displayed on the school premises is also provided. This initiative will be displayed throughout the **month of October**. Refer to **Annex B** for the cut-out display picture stand guidelines.
- c. Those posting online on the observance are encouraged to use the hashtags:

| | |
|------------------|--|
| General Hashtags | #MentallyHealthyDepEd2025 |
| | #OplanKalusuganSaDepEd2025 |
| | #HearAndHereWithU2025 |
| WSPD-specific | #ChangeTheNarrative2025 #WSPD2025 |
| WMHD-specific | #WorldMentalHealthDay2025 #WMHD2025 |

3. **"Save the Hotlines."** Schools are invited to **print and display nationwide and local mental health crisis hotlines/helplines in school premises**. This is to increase learners' awareness that trained mental health crisis responders are readily available to help them. **Nationwide Crisis Hotlines may include:**

| Organization | Hotline |
|---|---|
| National Center for Mental Health 24/7 | Nationwide Landline - 1553 |
| | Smart/TNT 0919-057-1553 |
| | Globe/TM 0917-899-8727 0966-351-4518 |
| Crisis Line by InTouch 24/7 | 0928-893-7603 0919-056-0709 0922-893-8944 |
| Natasha Goulbourn Foundation | (02) 8804 4673 0917-872-5514 |
| DSWD - WiSupport 8am-5pm Monday to Friday | Text hotline: "DSWD (space) WiSUPPORT (space) Name/Sex/Age/Region/Message or Concern" to 0918-912-2813. |
| DepEd Central Office - Learner Telesafe Contact Center Helpline (LITCH) 8am - 6pm Monday to Friday | Landline: #33733 (02) 8632-1372 Mobile: 09451759777 |

4. **Ribbon day.** School personnel and learners are encouraged to **wear green ribbons on October 10, 2025**, to show support for the celebration of WMHD.

Materials to be used for the observance, including the format for the DP blast and for the tarpapel, will be uploaded and may be accessed at https://bit.ly/DepEd_SMHP_2025-Observances.

More mental health information materials that can be used for the conduct of the abovementioned activities can also be accessed through the **Lusog-isip Website**, accessible through lusog-isip.deped.gov.ph. The website provides **free resources and courses** related to mental health well-being and psychosocial support.

Expenses for the activities related to the observances may be charged to the program support funds for SMHP and other Learner Support Programs or local funds. ROs and SDOs are requested to augment funds in cases of deficiencies and shortages. These shall be subject to the usual accounting and auditing rules and regulations.

The following mechanisms are set to monitor participation in the observance:

1. Learner support activities may be captured in the existing reporting mechanisms for the BLSS-SHD's School Mental Health Program.
2. Ideas, initiatives, or insights related to the observance (e.g., activities to promote positive school climate) may also be submitted through email at schoolmentalhealth@deped.gov.ph

All mental health promotion activities or initiatives shall ensure that schools are in compliance with the **no-disruption of classes policy** stipulated in DepEd Order (DO) No. 9, s. 2005 titled *Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith* and the policy on off-campus activities stated in DO 66 s. 2017.

For more information, please contact **Julia Andrea Aguila**, Technical Assistant II or **Mary Grace Florentino**, Technical Assistant II, BLSS-SHD, through email at schoolmentalhealth@deped.gov.ph cc: blss.shd@deped.gov.ph, or at telephone number (02) 8632-1368 / 8633-7213.

[BLSS-SHD/ MGDF]

ANNEX A.

Display Picture Caption

1. On this World Mental Health Day, I [Name] from [SDO or School], stand in solidarity with those who are struggling. By fostering compassion and understanding, I am #HearAndHereWithU to listen and support without judgement.

#MentallyHealthyDepEd2025

#OplanKalusuganSaDepEd2025

#WorldMentalHealthDay2025

#DepEd4NMHW2025

Guide for Printing and Use of the Cut-out Display Frame Stand/ "Tarpapel"

1. Material Size

- The stand should be printed in a layout of **5 A4 sheets (width) × 4 A4 sheets (height)**, equivalent to about **105 cm × 84 cm**.
- Use sturdy backing (e.g., illustration board, corrugated board, foam board, or tarpaulin) to make it durable and easy to stand upright.

2. Location

- Place the picture stand in a visible area such as the school lobby, entrance, or near bulletin boards.
- Ensure it does not block walkways, exits, or emergency routes.

3. Accessibility

- Position the stand at a height that is comfortable for learners and guests to use for photos.
- Make sure it is stable and safe to avoid accidents.

4. Promotion

- Encourage learners, teachers, and visitors to take photos using the picture stand.
- Remind users to treat the display with care.

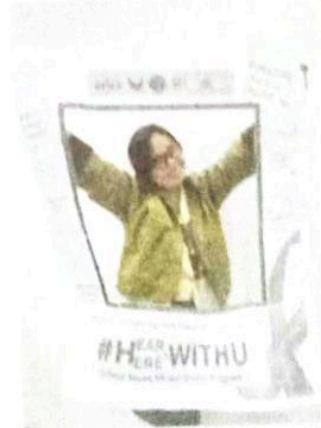
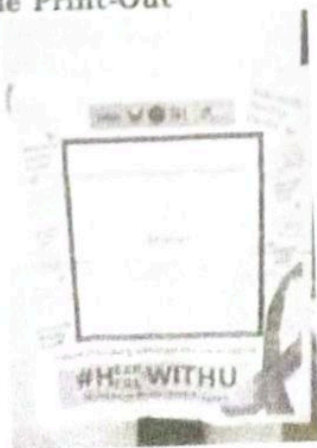
5. Social Media Sharing

- Photos taken with the picture stand may be shared on school or personal social media accounts, following guidelines on social media use and on data privacy (e.g., as those provided in OM-OUOPS-2024-05-03942 titled *Guidance on Posting Learners' Images or Data on Social Media*).
- Use the official hashtags provided for the campaign.

6. Duration

The cut-out display stand should be available and maintained throughout **October**.

7. Sample Print-Out



*Please note that the **black and white printed format is for sample use only**.

Cut-out display link: https://bit.ly/DepEd_SMHP_2025-Observances



Republic of the Philippines
Department of Education
BUREAU OF LEARNER SUPPORT SERVICES

OFFICE OF THE DIRECTOR

MEMORANDUM

FOR : **MALCOLM S. GARMA**
Undersecretary for Governance and Operations

THRU : **GEORGINA ANN H. YANG**
Assistant Secretary for Operations

FROM : **Dr. MIGUEL ANGELO S. MANTARING**
Director IV

SUBJECT : **COMPLETE STAFF WORK FOR THE SIGNING OF THE VARIOUS DOCUMENTS RELATIVE TO THE COMMEMORATION OF THE SCHOOL-BASED MENTAL HEALTH OBSERVANCES 2025**

DATE : September 16, 2025

I. BACKGROUND INFORMATION

The Department of Education (DepEd) is committed to promoting and protecting the mental health and well-being of learners by fulfilling its mandates under **R.A. 11036** or the *Mental Health Act* and **R.A. 12080** or the *Basic Education Mental Health and Wellbeing Promotion Act*. To ensure the relevance of the Department of Education's mental health initiatives pursuant to existing mandates, the Bureau of Learner Support Services – School Health Division (BLSS-SHD) has drafted the **DepEd Memorandum on the Commemoration of the School-Based Mental Health Observances 2025**. This initiative aims to enhance learners' awareness and advocacy in addressing mental health stigma, promote help-seeking behaviors, and foster a sense of solidarity with individuals experiencing mental health challenges by affirming that they are not alone and that the school community is committed to supporting them throughout their mental health journey.

II. LEGAL BASIS/REFERENCES

- a. **R.A. 11036**, or the *Mental Health Act*
- b. **R.A. 12080**, or the *Basic Education Mental Health and Wellbeing Promotion Act*

III. OBJECTIVES

- a. To commemorate the significant school-based mental health observances;

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- b. To increase and promote mental health awareness and well-being of the school community by taking part of the recommended activities and local initiatives of the school; and
- c. To increase the help-seeking behaviors of learners by providing accessible psychosocial support services such as posting of mental health crisis response hotlines for proper referral to mental health professionals and suicide prevention.

IV. EXPECTED OUTPUTS

- a. Signed memoranda; and
- b. Compliance with **R.A 11036** or the *Mental Health Act*, chapter VII, section 34 (c) states to ensure the mental health promotion and well-being of private and public educational institutions.

V. AVAILABILITY OF FUNDS

No funds are involved in the signing of the attached memoranda and letters. Activities related to the conduct of the promotional activities shall be charged to **PSF funds or Local funds subject to usual accounting and auditing procedures**

VI. POTENTIAL BENEFIT/CHALLENGE

Once the memoranda are released, schools through the instruction of their respective SDOs are expected to commemorate the school-based mental health observances by ensuring the facilitation of the recommended activities.

VII. CLEAR STATEMENT OF REQUEST/RECOMMENDED ACTION

This Office respectfully seeks the vetting and approval of the following documents:

Annex A - OUGOPS Memorandum to the field, "*School-Based Mental Health Observances 2025*"

Annex B - OSEC Clearance, "*Request for clearance relative to the issuance of memorandum to conduct the commemoration of school-based mental health observances 2025*"

-
- ☐ Approved
 - ☐ Disapproved
 - ☐ Further Comments/Remarks

[BLSS-SHD/JAA]